



Full Report (All Nutrients) 09116, Grapefruit, raw, white, all areas

Report Date: June 30, 2017 10:23 EDT

Nutrient values and weights are for edible portion

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Refuse:51% Refuse Description: Peel, seeds, core, and membrane

Nutrient	Unit	1			1 cup sections, with juice		0.5 fruit (3-3/4" dia)	
		Value Per 100 g	Data points	Std. Error	230g	118g		
Vitamin C, total ascorbic acid	mg	33.3	27	0.867	76.6		39.3	
Thiamin	mg	0.037	27	0.002		0.085		0.044
Riboflavin	mg	0.020	--	--		0.046		0.024
Niacin	mg	0.269	27	0.009		0.619		0.317
Pantothenic acid	mg	0.283	--	--		0.651		0.334
Vitamin B-6	mg	0.043	19	0.002		0.099		0.051
Folate, total	µg	10	30	0.807	23		12	
Folic acid	µg	0	--	--		0		0
Folate, food	µg	10	30	0.807	23		12	
Folate, DFE	µg	10	--	--	23		12	
Choline, total	mg	7.7	--	--	17.7		9.1	
Vitamin B-12	µg	0.00	--	--	0.00		0.00	
Vitamin B-12, added	µg	0.00	--	--	0.00		0.00	
Vitamin A, RAE	µg	2	--	--	5		2	
Retinol	µg	0	--	--	0		0	
Carotene, beta ¹	µg	14	3	--	32		17	
Carotene, alpha ¹	µg	8	3	--	18		9	
Cryptoxanthin, beta ²	µg	3	1	--	7		4	
Vitamin A, IU	IU	33	--	--	76		39	
Lycopene ²	µg	0	1	--	0		0	
Lutein + zeaxanthin ²	µg	10	1	--	23		12	
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	0.30		0.15	
Vitamin E, added	mg	0.00	--	--	0.00		0.00	
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0		0.0	
Vitamin D	IU	0	--	--	0		0	
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0		0.0	
Lipids								
Fatty acids, total saturated	g	0.014	--	--	0.032		0.017	
4:0	g	0.000	--	--	0.000		0.000	
6:0	g	0.000	--	--	0.000		0.000	
8:0	g	0.000	--	--	0.000		0.000	
10:0	g	0.000	--	--	0.000		0.000	
12:0	g	0.000	--	--	0.000		0.000	

Nutrient	Unit	1			1 cup sections, with juice		0.5 fruit (3-3/4" dia)	
		Value Per 100	Data points	Std. Error	230g	118g		
14:0	g	0.000	--	--	0.000		0.000	
16:0	g	0.012	--	--	0.028		0.014	
18:0	g	0.001	--	--	0.002		0.001	
Fatty acids, total monounsaturated	g	0.013	--	--	0.030		0.015	
16:1 undifferentiated	g	0.001	--	--	0.002		0.001	
18:1 undifferentiated	g	0.012	--	--	0.028		0.014	
20:1	g	0.000	--	--	0.000		0.000	
22:1 undifferentiated	g	0.000	--	--	0.000		0.000	
Fatty acids, total polyunsaturated	g	0.024	--	--	0.055		0.028	
18:2 undifferentiated	g	0.019	--	--	0.044		0.022	
18:3 undifferentiated	g	0.005	--	--	0.012		0.006	
18:4	g	0.000	--	--	0.000		0.000	
20:4 undifferentiated	g	0.000	--	--	0.000		0.000	
20:5 n-3 (EPA)	g	0.000	--	--	0.000		0.000	
22:5 n-3 (DPA)	g	0.000	--	--	0.000		0.000	
22:6 n-3 (DHA)	g	0.000	--	--	0.000		0.000	
Fatty acids, total trans	g	0.000	--	--	0.000		0.000	
Cholesterol	mg	0	--	--	0		0	
Phytosterols	mg	17	--	--	39		20	
Amino Acids								
Tryptophan ^{3 4}	g	0.007	--	--	0.016		0.008	
Threonine ^{3 4}	g	0.012	--	--	0.028		0.014	
Isoleucine ^{3 4}	g	0.007	--	--	0.016		0.008	
Leucine ^{3 4}	g	0.013	--	--	0.030		0.015	
Lysine ^{3 4}	g	0.017	--	--	0.039		0.020	
Methionine ^{3 4}	g	0.007	--	--	0.016		0.008	
Cystine ^{3 4}	g	0.007	--	--	0.016		0.008	
Phenylalanine ⁴	g	0.041	--	--	0.094		0.048	
Tyrosine ^{3 4}	g	0.007	--	--	0.016		0.008	
Valine ^{3 4}	g	0.014	--	--	0.032		0.017	
Arginine ^{3 4}	g	0.078	--	--	0.179		0.092	
Histidine ^{3 4}	g	0.007	--	--	0.016		0.008	
Alanine ^{3 4}	g	0.022	--	--	0.051		0.026	

Nutrient	Unit	1			1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 118g
		Value Per 100	Data points	Std. Error		
Aspartic acid ^{3 4}	g	0.123	--	--	0.283	0.145
Glutamic acid ^{3 4}	g	0.176	--	--	0.405	0.208
Glycine ^{3 4}	g	0.013	--	--	0.030	0.015
Proline ^{3 4}	g	0.056	--	--	0.129	0.066
Serine ^{3 4}	g	0.025	--	--	0.058	0.030
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Flavanones						
Hesperetin ⁵	mg	0.6	2	--	1.5	0.8
Naringenin ⁵	mg	21.3	2	--	49.1	25.2
Flavones						
Apigenin ⁶	mg	0.0	1	--	0.0	0.0
Luteolin ⁶	mg	0.0	1	--	0.0	0.0
Flavonols						
Kaempferol ⁶	mg	0.0	1	--	0.0	0.0
Myricetin ⁶	mg	0.0	1	--	0.0	0.0
Quercetin ⁶	mg	0.0	1	--	0.0	0.0
Isoflavones						
Daidzein ⁷	mg	0.04	1	--	0.09	0.05
Genistein ⁷	mg	0.03	1	--	0.07	0.04
Total isoflavones ⁷	mg	0.06	1	--	0.14	0.07
Biochanin A	mg	0.05	1	--	0.12	0.06
Formononetin	mg	0.05	1	--	0.12	0.06
Coumestrol	mg	0.05	1	--	0.12	0.06

Sources of Data

¹R J Bushway Determination of alpha- and beta-carotene in some raw fruits and vegetables by high-performance liquid chromatography, 1986 J Agr Food Chem 34 pp.409-412

²J.M. Heinonen, V. Ollilainen, E. Linkola, P. Varo, P. Koivistoinen Carotenoids in Finnish Foods: Vegetables, Fruits, and Berries, 1989 Journal of Agriculture and Food Chemistry 37 pp.655-659

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD

⁵Franke, A.A., Custer, L.J., Arakaki, C., and Murphy, S.P. Vitamin C and flavonoid levels of fruits and vegetables consumed in Hawaii., 2004 J. Food Comp. Anal. 17 pp.1-35

⁶Lugasi, A. and Hovari, J. Flavonoid aglycons in foods of plant origin II. Fresh and dried fruits., 2002 Acta Alimentaria 31 1 pp.63-71

⁷Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. **Assesing phytoestrogen exposure in epidemiologic studies: development of a database (United States)**, 2000 Cancer Causes and Control 11 pp.289-298